



NOT SO NATURAE

Bionaturae Organic Gluten Free Fusilli is supposed to “closely match the flavor and nutritional content of wheat pasta.” White pasta, that is.

Bionaturae uses organic rice flour, rice starch, potato starch, and soy flour, but none of it is whole grain. Save your spaghetti sauce for something like Lundberg Organic Brown Rice Gluten-Free Pasta. It has less protein and fiber than whole wheat pasta, but at least it hasn't been denuded.

As for Ancient Harvest Quinoa SuperGrain Pasta, it has more corn flour than quinoa. 🍷

9. POUR YOUR SAUCE OVER WHOLE-GRAIN

PASTA. A cup of white pasta is a decent source of protein (7 grams) and fiber (2½ grams). But whole wheat pasta beats white hands down. While it has no more protein, it delivers more fiber (6 grams per cup), magnesium, vitamin E, and zinc...and has a more interesting taste. And brands like Bionaturae Organic and Whole Foods 365 have found a way to make 100 percent whole wheat pasta that isn't gritty or gummy.

If you can't find those brands, look for Barilla Whole Grain, which is 51 percent whole wheat, or (grittier-tasting) Ronzoni Healthy Harvest Whole Grain, which is 54 percent whole wheat. (Kudos to Barilla for putting the percentage right on the front of the box. We had to call Ronzoni to find out.) Barilla wouldn't tell us what percentage of the grain in its Barilla Plus is whole. But it contains more semolina (refined wheat) than anything else.

If you're on a gluten-free diet, try one of Lundberg's Brown Rice Pastas.